

Zucchini Bread

Rating: *

Makes: 16 servings

Ingredients

3 egg

1 cup sugar

1/4 cup vegetable oil

2 cups zucchini (grated)

1 teaspoon vanilla

1 1/2 cups flour (all purpose)

1 1/2 cups whole wheat flour

1 teaspoon salt

2 teaspoons baking soda

2 teaspoons cinnamon

1/2 teaspoon baking powder

1/2 cup raisins

Directions

- 1. Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
- 2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
- 3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
- 4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
- 5. Spoon into loaf pan.
- 6. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	35 g	12%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	330 mg	14%

- 7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
- 8. Serve warm or allow to cool before slicing.